



Review Article

A LITERARY REVIEW TO UNDERSTAND *SAMPRAPTI* OF *NASHTARTAVA* WITH SPECIAL REFERENCE TO PCOS**Meemansa^{1*}, Manish Kumar Saini²**¹Assistant Professor, Dept. of Prasuti Tantra & Striroga, Shri Dhanwantari Ayurvedic Medical College Hospital & Research Centre, Mathura (U.P.), India.²Assistant Professor, Dept. of Rasa Shastra & Bhaishajya Kalpana, Shri Dhanwantari Ayurvedic Medical College Hospital & Research Centre, Mathura (U.P.), India.**KEYWORDS:** *Nashtartava Samprapti, Artava Nasha, Sanshodhana, Agneya Dravya.***ABSTRACT**

PCOS is mainly characterised with abnormalities in the metabolism of androgens and estrogen and control of androgen production and can result from abnormal function of the hypothalamic-pituitary-ovarian axis. The incidence of PCOS in adolescent and reproductive age women is increasing alarmingly due to westernized culture, faulty dietary habits & lifestyle, rapid urbanization, excessive work load etc. In *Ayurveda* literature no as such direct correlation of PCOS with any disease is found, though symptomatically menstrual abnormalities amenorrhea or delayed cycle etc. can be correlated with *Lakshana* and *Samprapti* of *Nashtartava*, *Artavakshaya*. According to *Acharya Sushruta* in *Nashtartava*, *artava* is obstructed by vitiated *Doshas* and in *Artavakshaya* menstruation is delayed, menstrual blood is scanty and associated with pain in Vagina. Mainly *Dushti* of *Rasadi Dhatu* occurs, resulting in improper formation of *Upadhatu* i.e., *Artava*. The features of PCOS may also be correlated with *Pushpaghni Jataharini* that is described in *Ayurvedic classics (Kashyapa Samhita)* having the clinical features of futile ovulation (*Vrutha Pushpa*) and corpulent hairy cheek (*Sthula Lomashaganda*). In this Article an attempt is made to understand the specific *Artava Nasha* feature in relation to *Nashtartava Samprapti* and to find approach for the treatment from the basal level. Conclusive treatment modalities obtained are i.e., *Nidanaparivarjana*, *Sanshodhana*, *Agneya Dravya* uses in PCOS.

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INTRODUCTION

Polycystic ovarian syndrome is becoming very common health problem affecting adolescent and reproductive age women. PCOS symptoms involve both endocrine and gynaecologic system; as amenorrhea or oligomenorrhoea, hirsutism, obesity, acne, androgenic alopecia and reproductive disorders.^[1] Polycystic ovarian syndrome (PCOS) is a complex endocrine condition in which ovulatory dysfunction and androgen excess are cardinal features.^[2]

Ayurvedic classics have used different types of words for menstruation or menstrual blood like *Rajah*, *Artava*, *Shonita*, *Rakta*, *Pushpa*, *Lohita*, *Beeja* etc. *Acharya Susruta* has described that in females it's the *Rasa dhatu* which flows in the form of blood

every month named as *Rajah*^[3]. *Acharya Sushruta* described the term *Artavanasha*. When the aggravated *Doshas* obstruct the passage of *Srotas*/channels carrying *Artava*^[4], thus *Artava* is destroyed. Here because of the *Avarana* or obstruction, the *Artava* is not finished completely but it is not seen or discharged monthly. *Acharya Bhela* described that though blood circulates in whole body for seven days and nights, yet, being scanty and abnormal, does not circulate in reproductive system; and definitely desiccation of *Artava* as well as body occurs in women resulting into absence of menstruation. *Bhavaprakasha* has included *Rajonasha* (amenorrhea) among eighty specific disorders of *Vata*.

Acharya Sushruta also mentioned about the term *Artavakshaya* with the topic *Nashtartava*. *Artavakshaya* is characterized by the features of *Alpa Arata*, *Yathochitta Kaal Adarshanam*, *Yoni vedana*^[5]. Hence oligomenorrhea (*Artava Alpata/Kshudra Pramana*) and amenorrhea (*Yathochitta Kaal Adarshanam*) are clinical features in PCOS, thus the disease entity *Artavakshaya* should also be considered with the pathogenesis of *Nashtartav* because of resemblance in disease course and treatment.

In Polycystic ovarian Syndrome mainly ovaries are involved and the description of ovaries in our classics is not found separately, but *Acharyas* mentioned the term *Beeja-Granthi* which can be correlated with ovary. *Acharya Sushruta* described the *Artavavaha Srotas* as an important *Srotas*/system of female body^[6]. *Moola* of this *Srotas* is *Garbhashya* and *Artva-vaha Dhamanis*. Any injury to *Artava- vaha Srotas* leads to infertility, dyspareunia, and Amenorrhea. Here the *Nashtartava* can be compared to amenorrhea the cardinal feature in PCOS. PCOS is also having the pathogenesis happening inside the ovaries in terms of formation of cysts, in Ayurveda ovary can be correlated to *Beejagranthi*.

In a healthy *Beejagranthi* or *Artavavaha Srotas*, *Beejotsarga* is controlled by *Apana Vata*. *Apana Vayu* along with *Pitta* is responsible for the maturation of follicles by *Pachan karma* of *Pitta* and ovulation/*Beejotsarga*/*Antah Pushpa* & *Artava/Bahir Pushpa Pravartan karma* of *Vata*. Thus due to *Kapha Prakopaka nidana*, *Avrana* of both the *Vayu* and *Pitta* occurs, thus neither the ovulation takes place nor the maturation of follicles occur leading to the formation of cysts inside ovaries and infertility. Thus ultimately the menstrual abnormalities occur; cycle gets delayed or not occurs monthly due to improper function of H-P-O axis.

Apana vayu does the process of expulsion of *Shukra* (ejaculation), *Mutra* (micturition), *Shakrit* (defecation), expulsion of fetus & menstrual blood^[7]. *Vyana vayu* is having the function *Rasa rakta samvahana* which may be compared with blood circulation in modern medical science. The *Swarupa* of *Rasa dhatu* is *Drava* which can easily circulate by *Vikshepana Karma* of *Vyana vayu*^[8]. Thus it can be assumed that *Apana Vayu* is responsible for *Pravartana* of *Artava* and *Vyana Vayu* supplies the blood to the uterus and pelvic organs. Thus in the pathogenesis of *Artavakshaya* and *Nashtartava*, *Vyana vayu* decreases the supply of blood to uterus due to *Sanga* or *Marga Avarana* and *Artava Pravartan* is less because of *Avritta Apana Vata*.

As *Acharya sushruta* mentioned *Vitiated Vata and Kapha* are responsible in pathology of *Nashtartava*. For *Kapha-Avrita Apana Vayu*, the treatment should be *Agneya dravya* or *Agnideepaka*, *Srotoshodhana*, *Vatanulomaka* and *Pakvashaya Shudhdhikara* as *Basti*.

AIM AND OBJECTIVES

- To study the aetiopathogenesis of *Nashtartava* and PCOS in Ayurveda.
- To find out the possible line of treatment in *Nashtartava*.

Nidana

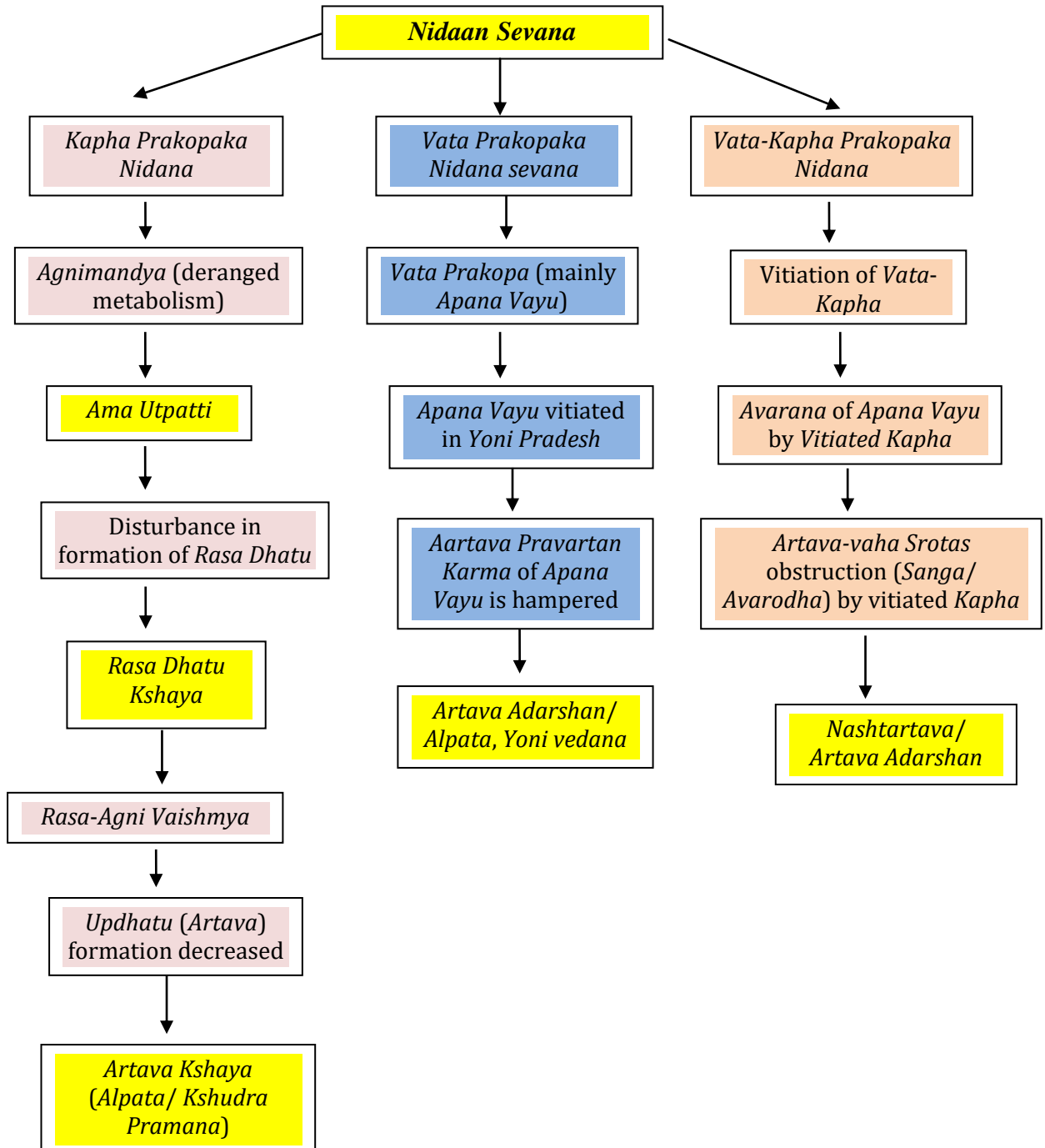
All the *Nidana* of *Yonivyapad* are the absolute causative factors in any of the yoni related disease. *Artava* is considered as *Updhatu* of *Rasa dhatu*^[9]. So any factor causing vitiation in *Rasavaha-Srotas* is also responsible for deranged formation of *artava* leading to *Nashtartava*. *Ashta Artavadushti* should also be included in the *Nidana* of *Nashtartava*. *Rasavaha srotodushti nidana* those are *Guru*, *Sheeta*, *Ati Snigdh*, *Ati Matra Ahara* and *Manasika nidana Achintyanam Ati Chintanata* should also be included in causative factors regarding *Nashtartava*. All *Kapha prakopaka Nidana* i.e. *Atimatra-Ashan*, *Divaswapna*, *Avyayam*, *Alasya*, *Guru*, *Snigdha Ahara* etc. are also causing *Kapha-Prakopa* which leads to *Jathragni mandya* and *Avarana* of *Srotas*. This *Agnimandya* leads to formation of *Ama* which causes obstruction or *Sanga srotodushti*. Therefore the *Rasa Dhatwagni* is also deranged and formation of its *Updhatu* i.e. *Artava* is less.

Overall PCOS is a *Santarpana Janaya Vyadhi*, thus keeping in mind the *Nidana* of *Atisthoulya* can also be included. In *Atisthoula Purusha* the aggravated *Kapha* and *Meda dhatu* causes the obstruction in *Srotas* or *Avarana* of *Srotas* leading to *Nashtartava*. Genetic factors those are including under the *Nidana* are *Beeja-dushti* and *Garbho-Upghat Kara Bhava*. In both of them the aggravated *Vata* is the main cause which leads to abnormality of *Beeja-granthi/Garbhashya* and may also considered playing a big role in hampering the normal *Artava Pravartan Karma*.

Psychological factors i.e., *Chinta*, *Bhaya*, *Krodha*, *Shoka*, *Dainya* etc. are also having a big impact over H-P-O axis causing derangement of its normal functions. As a working woman outdoor or indoor faces great mental strain, stress, depression, mood- swings etc. like psychological factors. So these are also responsible for alteration in pulsatile secretion of GnRh leads to oligomenorrhea/amenorrhea. Stress in PCOS woman is also due to their appearance like Hirsutism, Acne, Alopecia, obesity, infertility etc.

Samprapati Ghatak

<i>Dosha</i>	<i>Avarita –Vata (Apana and Vyana), Avaraka –Kapha</i>
<i>Dushya</i>	<i>Rasa, Rakta</i>
<i>Upadhatu</i>	<i>Artava</i>
<i>Agni</i>	<i>Jathragnimandhya; Dhatvagnimandhya</i>
<i>Srotas</i>	<i>Rasavaha, Artavavaha</i>
<i>Srotodusti</i>	<i>Sanga</i>
<i>Adhithana</i>	<i>Garbhashaya, Beejagranthi</i>

Flowchart no. 1: Showing Samprapti of Nashtartava/Artavanasha in context to Ayurveda

MANAGEMENT

Nidana Parivarjana is first line of treatment^[10]. All the causative factors related to *Ahara* and *Vihara* should be avoided first to overcome the pathology. *Acharya Charaka* described all gynaecological disorder mainly as *YoniVyapada*. *Vata* is responsible for all type of *Yonivyapadas*^[11], thus the main focus is to do *Vatashaman chikitsa*. *Vayu* is also *Pravartaka* of other *Doshas*, therefore regulation of *Vatadosha* may have indirect effect on pacifying other *Doshas*. *Acharya Sushruta* described that *Nashtartava* should be treated by the *Sanshodhana* and *Agneya Dravya*^[12], obstructed Path due to vitiated *Kapha* is treated by *Sanshodhana* and *Agneya Dravya* will increase both *Pitta* and *Artava* because of same properties of *Agneya Guna* with the concept of *Samanyam vridhikaranam*. The *Agneya dravya* also stimulates *Agni*, which helps in digestion of *Ama*, thus the formation of *Rasa Dhatu* and next *Dhatu* & *Updhatu* normalizes.

Acharya Dalhana says that for purification/ *Sanshodhana*, only *Vaman Karma* should be used. *Virechana* or purgation should not be used, because *Virechana* reduces *Pitta*, which in turn decreases '*Artava*'. While *Vaman* removes *Saumya* substances or *Kapha*, resulting into relative increase in *Agneya* constituents of the body subsequently *Artava* will also increase^[13]. In Commentary *Chakrapani* says that by the use of *Sanshodhana Karma Srotasas* get cleared. Thus Both *Vaman* & *Virechana* clear the upward and downward *Srotas* as respectively, thus both should be used.

Acharya Sushruta also said about *Artava Shuddhi Chikitsa*. *Acharya Vagabhata-I* & *II* recommend *Pitta Vridhikara* and *Raktavridhikara Chikitsa*. *Acharya Charaka* has said that in *Kaphavritta Vata*, *Tikshna Svedana*, *Niruha Basti*, *Vaman* and *Virechana* should be used. *Acharya Kashyap* mentioned *Basti* to be the best treatment. *Apana Vayu* controls the reproductive system both in male and female. *Basti* regulates *Apana Vayu* and when obstruction of *Apana-vayu* removed the *Anulomana* of *Artava* and *ovulation* starts properly. Fish, *Kulattha*, sour substances (*Kanji*), *Tila*, *Masa*, wine, urine (cow urine), butter milk mixed with half water, curd, jaggery and *Sukta (Chukra)* should be used in diet and drinks^[14].

DISCUSSION

PCOS is a lifestyle disorder associated with excessive dietary intake, sedentary lifestyle, stress and some environmental factors etc., all these affects the metabolism of body and this metabolism can correlate with the concept of *Agni* of Ayurveda. In *Nashtartava* obstruction of different *Srotas* i.e.

Artavvaha Srotas, *Rasavaha Srotas*, *Medovaha Srotas* etc. occurs by the vitiated *Kapha*, *Ama* and *Meda*. *Nashtartava* is an *Avaran Janya Vyadhi* mainly where oligomenorrhea or amenorrhea occurs due to *Avarana* of *Artava-Vaha Srotas* by *Vata* and *Kapha*. *Acharya Charaka* quoted *Mithya-Achara* (faulty life style), *Pradushta-Artava* (menstrual disorders like PCOS), *Beejdosha* (genetical cause), *Daiva prakopa-* (Unknown or idiopathic cause) are also consider as etiological factor in the pathogenesis of PCOS.

Thus *Sanshodhana*, *Vataanulomaka*, *Pittavardhaka*, *Deepan-Pachana* drugs should be used, they elevates *Agni*, thus when *Pachana* of *Ama* occurs then *Avarana* of *Srotas* removed and normal menstruation starts. *Artava Pravritti* is the function of *Apana Vayu*, and *Apana Vaigunaya* leads to *Nashtartava*, so for *Anulomana* of *Apana Vayu*, *Basti* can also be given.

CONCLUSION

The PCOS is not described in our literature, but can be correlated with *Nashtartava*, *Artavakshaya*, *Pushpaghni Jatharini*. Despite of accumulated literature and remarkable advances in understanding PCOS, etiology and primary mechanism remains unclear thus there is the need of time to put forward *Samprapti* and its *Vighatana* or *Chikitsa* of PCOS. *Avaran mukta Prakrita Vayu* and normal functioning *Pitta-Kapha doshas*, *Rasavaha* and *Artavavaha Srotas* are key factors against *Nashtartava*.

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